

DINNERLY



Reduced-Carb Caribbean Pork Steaks with Baked Veggies



35 minutes



2 Servings

Coated in Caribbean seasoning and pan-fried, these juicy pork loin steaks have flavour to the max. With a side of baked veggies, dinner is sorted!

WHAT WE SEND

- 1 carrot
- 1 zucchini
- 1 red onion
- 10g Caribbean seasoning ¹⁷
- 2 pork loin steaks

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs mayonnaise ³

TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 515kcal, Fat 34.8g, Carbs 11.1g, Proteins 37.1g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **carrot** and cut into 2cm-thick batons. Cut the **zucchini** into 3cm chunks. Cut the **onion** into thick wedges. Crush or finely chop **2 garlic cloves**.



2. Bake veggies

Put the **veggies** on the lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Bake for 30 mins or until golden and tender.



3. Marinate pork

Meanwhile, combine the **garlic**, **2 tsp Caribbean seasoning** (see Make it yours) and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **pork** and turn to coat.



4. Pan-fry pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until browned and cooked through (look for 'blush pink', which ensures the meat is tender and juicy). Remove from the pan and rest for 4 mins.



5. Serve up

Meanwhile, combine **2 tbs mayonnaise**, **½ tsp Caribbean seasoning** and **1 tsp water** in a bowl. Divide the **pork** and **baked veggies** among plates, drizzle with the **spiced mayonnaise** and enjoy!



6. Make it yours

The Caribbean seasoning contains chilli, so add more or less to taste, reserving some for the mayonnaise mixture in Step 5.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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